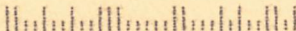


Wasatch County Hospital  
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*PRIMARY HEALTH CARE*



*CLOSE TO HOME*

Wasatch County Hospital  
invites you to attend the

**South Summit Community Clinic  
Open House**

Saturday, October 6, 1984



# South Summit Community Clinic Opening Soon

South Summit Community Clinic, 280 East Center Street, Kamas (Mirror Lake Road) will open Oct. 8, 1984. An open house will be held for community members on Saturday, Oct. 6.

"The clinic is an extension of Wasatch County Hospital," explains Wayne T. Terry, administrator. "Our primary purpose for establishing the clinic is to provide quality, primary health care services close to home for the people of South Summit County and the surrounding community."

Services will include physicals; minor surgery; casting of uncomplicated fractures; care for minor

background in medical practice will see patients at the clinic, 8 a.m.-5 p.m., Monday through Friday and 8 a.m.-noon on Saturday. Jones will also manage the clinic.

Five family practice physicians and a pediatrician will alternate days practicing at the clinic.

These physicians are: Neal J. Burton, MD; Katherine S. Ferguson, MD (pediatrician); William Ferguson, MD; Janet Kelly, MD; Stanton McDonald, MD; and George D. Pitts, MD.

"We also want to work closely with the community in providing educational programs to schools and civic groups," explains Jones. "A three-member

population of approximately 2,500 including those people in Woodland, Francis, Oakley, Peoa and Kamas. "But we also hope that tourists and those people from Park City and Coalville areas will use the clinic," explains Jones.

Technical and clinical backup support will be available from Wasatch County Hospital and IHC Hospitals, Inc. IHC Hospitals, Inc., a subsidiary of Intermountain Health Care, Inc., owns, leases or manages 23 hospitals in Utah, Idaho and Wyoming; and leases Wasatch County Hospital.

William Ledley, MD, who



# Help Your Heart Check Your Blood Pressure

High blood pressure can cause stroke, heart attack, kidney damage and more. It can shorten your life. But high blood pressure can be treated and controlled with your help.

Everyone has blood pressure. Without it, the blood couldn't circulate in our bodies. Blood pressure in your arteries changes from day to day, even from moment to moment. It goes up when you get excited, and down when you rest or sleep. These changes in pressure are perfectly normal.

What is high blood pressure? In some people, certain arteries may clamp down. This makes it harder for blood to pass through, and pressure builds up as a result. If it goes too high and stays that way, it is called high blood pressure.

We still don't know what causes most high blood pressure, but research scientists are working hard on the problem. While they don't have the final answer, yet,

they do have some important leads.

If your parents have had high blood pressure, there is a good chance you have it or will develop it. And if you have it, your children may develop it. Children should have regular blood pressure checkups just like adults.

Help your heart! Have your blood pressure checked at least once a year. It's the only way to find out if you have high blood pressure. There usually are no early signs to warn you. That's why high blood pressure is called the silent killer.

Call your doctor, clinic or nearest health center to make an appointment to have your blood pressure checked. A rubber cuff, something like a bandage is wrapped around your upper arm. The cuff is filled with air until it squeezes the artery in your arm. Then the air is slowly let out of

the cuff. At the same time, a doctor listens with a stethoscope

as the blood rushes through your artery. He also watches a measuring gauge which tells him your blood pressure.

If you have high blood pressure, it can be treated and controlled. But it takes two to do it; you and your doctor. By cooperating with your doctor you can live a long and normal life.

Your doctor may prescribe pills. Keep taking your medicine as long as he says you should. Your doctor may also put on a low-fat, low-salt diet. If you are overweight, it's important to lose the extra pounds and keep them off.

The extra weight puts a strain on your heart. Smoking cigarettes does too, so don't smoke. Your local chapter of the American Heart Association has information on how to stop smoking and on high blood pressure.